

Health and Wellness Programs

Greater DeKalb County - Summer 2021



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Registration is required for all classes unless otherwise noted. To register, please visit kish-calendar.nm.org or call 815.748.8962 for classes near Northwestern Medicine Kishwaukee Hospital or near Northwestern Medicine Valley West Hospital.

For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs, including but not limited to physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration. Fees subject to change.

Es obligatorio inscribirse para todas las clases, a menos que se indique lo contrario. Para inscribirse, visite kish-calendar.nm.org o llame al 815.748.8962 para clases cerca de Northwestern Medicine Kishwaukee Hospital o cerca de Northwestern Medicine Valley West Hospital.

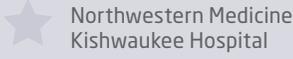
Para programas con tarifas, por favor, pague al momento de inscribirse. Si hay alguna tarifa implicada, el costo se indicará en la descripción de la clase. Si tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, servicios de interpretación, lenguaje de señas o ayuda financiera, por favor, déjenos saber en el momento en que se inscriba. Las tarifas están sujetas a cambios.

If you no longer wish to receive this or other health-related information from Northwestern Medicine Kishwaukee Hospital or Northwestern Medicine Valley West Hospital, kindly call 815.981.7403 to have your name removed from our list.

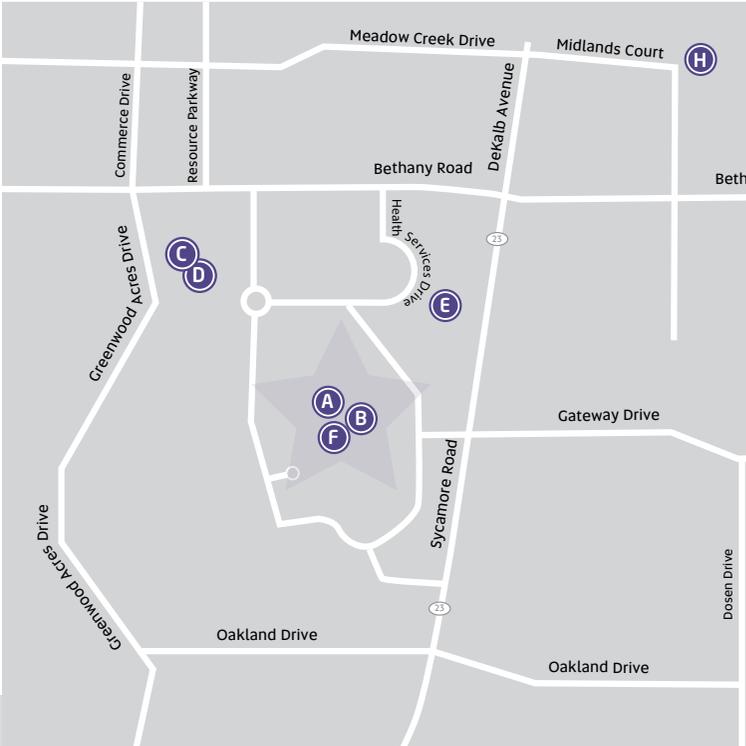
- A** Northwestern Medicine
Kishwaukee Hospital Roberts
Conference Center
1 Kish Hospital Drive
DeKalb
- B** Northwestern Medicine
Leishman Center for Culinary
Health at Kishwaukee Hospital
1 Kish Hospital Drive
DeKalb
- C** Northwestern Medicine
Diabetes Education
626 East Bethany Road
DeKalb
- D** Northwestern Medicine
Kishwaukee Health & Wellness
Center
626 East Bethany Road
DeKalb
- E** Northwestern Medicine
Kishwaukee Hospital Cancer
Center
10 Health Services Drive
DeKalb
- F** Northwestern Medicine
Kishwaukee Hospital Breast
Health Center
2731 Sycamore Road, Suite A
DeKalb
- G** Northwestern Medicine
Behavioral Health Services
760 Foxpointe Drive
Sycamore
- H** Northwestern Medicine
Physical Therapy
2111 Midlands Court,
Sycamore
- I** Northwestern Medicine
Valley West Hospital
1302 North Main Street
Sandwich
- J** Northwestern Medicine
Regional Medical Group Genoa
599 Pearson Drive
Genoa

Registration

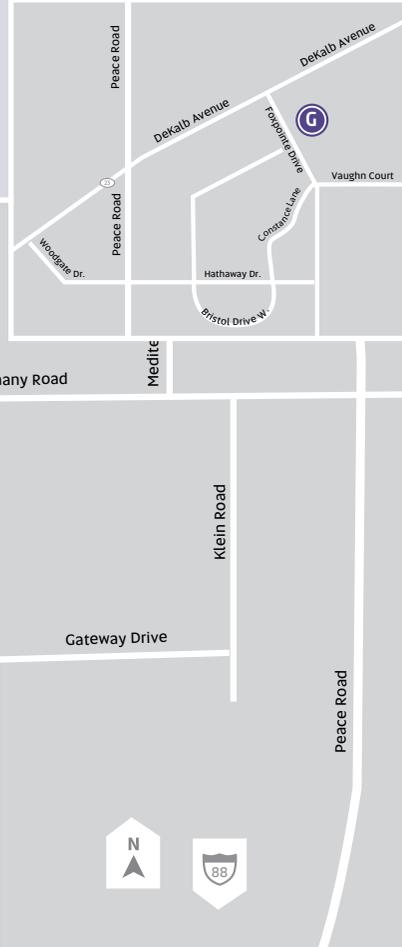
Most programs require registration. Unless otherwise noted, **please register online at kish-calendar.nm.org or call 815.748.8962** (TTY: 711).



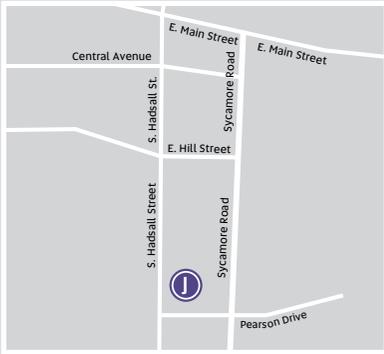
DEKALB



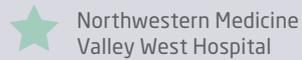
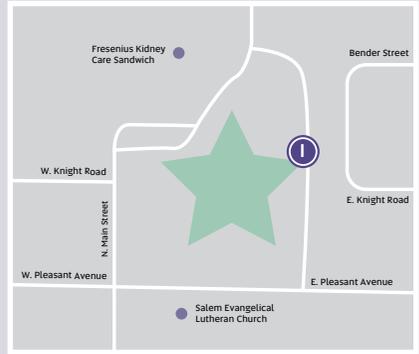
SYCAMORE



GENOA



SANDWICH



Convenient locations

All classes are located close to where our patients live and work. If you have questions about the location or require more detailed directions, call us at 815.748.8962.

Get informed. Get inspired. Be well.

To help you and your family stay healthy, Northwestern Medicine Kishwaukee Hospital and Northwestern Medicine Valley West Hospital offer wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and nutrition. Classes are available for both children and adults. **During COVID-19, childbirth education classes will be held virtually. Please call 815.748.8962 to register.**

Pregnancy, childbirth and baby

Understanding Birth

Learn breathing, relaxation and comfort techniques; meditations; and the signs, stages and variations of labor. Cesarean births will also be covered. Labor companions learn about giving support during the birthing process. 

\$50/couple

Understanding Breastfeeding

This program provides guidance for moms-to-be on the importance of breastfeeding, where to find evidence-based information and support, and how labor decisions can affect your breastfeeding experience. Your support person is strongly encouraged to attend. 

\$30/couple

Understanding Your Newborn

Parents, grandparents and other caregivers will learn the basics of newborn care, including bathing, diapering, feeding, sleeping and comforting techniques. 

\$30/couple

 *This session will be held online.*

Most programs require registration. **Register online at kish-calendar.nm.org** or call 815.748.8962 unless otherwise noted.



Moms Breastfeeding Group

Bring your baby and meet other breastfeeding moms to receive support, encouragement and assistance with issues you and your baby may be having with feeding. Topics are guided by a Northwestern Medicine lactation specialist. 

First Monday of each month

10-11 am

Second Monday of each month

2-3 pm

Kishwaukee Health & Wellness Center,
DeKalb

During COVID-19, this group will be held virtually. For more information or to register, call 815.766.9068.

First Tuesday of each month

10-11 am

Valley West Hospital, Sandwich
815.981.7131

Infant Massage

Research shows that touch is essential to human development. This hands-on class teaches beginner infant massage techniques and the clinical effects of massage on your baby. Limit two adults per infant.

Northwestern Medicine Physical
Therapy Center, Sycamore

For pricing and to schedule an appointment, call 815.748.8900.

 *This session will be held online.*

Most programs require registration. **Register online at kish-calendar.nm.org** or call 815.748.8962 unless otherwise noted.

Prenatal Lactation Visit

Kishwaukee Hospital Breastfeeding Center and Valley West Hospital Breastfeeding Center offer complimentary prenatal lactation visits. A lactation specialist will teach the importance of breastfeeding for you and your baby, breastfeeding basics, latch and positioning in the early days, the important role that partners play in breastfeeding support, and strategies for returning to work while continuing to breastfeed.

Northwestern Medicine

Kishwaukee Hospital

Breastfeeding Center, DeKalb

To schedule a visit, call 815.766.9068.

Northwestern Medicine

Valley West Hospital

Breastfeeding Center, Sandwich

To schedule a visit, call 815.981.7131.



Milk Depot

The Milk Depot at Kishwaukee Hospital Breastfeeding Center is a place where pre-approved mothers can drop off their extra breast milk to help save the lives of premature and sick babies whose mothers cannot produce enough milk of their own. The Milk Depot sends frozen donated milk to a milk bank, where it is processed, pasteurized and dispensed in compliance with guidelines from the Human Milk Banking Association of North America. Donated milk is distributed to the most at-risk babies and can be lifesaving for preterm infants. For more information, call 815.766.9068.



Counseling and support

Mental Health First Aid Training for Adults

Discover more about mental health and how to help an adult who may be experiencing a mental health problem.

Thursday, June 17, July 15 or Aug. 19

8:30 am-4:30 pm

Location: TBD

To register, send an email to barbara.stagner@nm.org or call 815.766.3170.

Registration closes two weeks prior to each class.

Mental Health First Aid Training for Youth

Discover more about mental health and how to help a young person (ages 12 to 18) who may be experiencing a mental health problem.

Thursday, June 10 or Sept. 16

Tuesday, July 13 or Aug. 10

8:30 am-4:30 pm

Location: TBD

To register, send an email to barbara.stagner@nm.org or call 815.766.3170.

Registration closes two weeks prior to each class.

Teen Dialectical Behavior Therapy Group

This group is an opportunity for teens to learn self-regulation, increase healthy communication and identify strategies for managing stress. Dialectical behavior therapy (DBT) is an evidence-based curriculum developed to empower people to learn skills to build their lives into “a life worth living.” This group meets weekly during the school year.

To participate, please call to schedule an assessment. Insurance is billed, and most insurance plans are accepted. Participants must be engaged in individual therapy.

Call for dates, times and fee.

Northwestern Medicine Behavioral Health Services, Sycamore
815.748.8334

Dialectical Behavior Therapy Groups

For those struggling with various behavioral health conditions, managing some aspects of their lives can be overwhelming. Dialectical behavior therapy (DBT) is an evidence-based curriculum developed to empower people to learn skills to build their lives into “a life worth living.” The DBT groups include people at all skill levels.

The Beginners Group meets weekly to learn the core skills. At the end of the group, members have a solid foundation of DBT skills.

The Intermediate Group meets weekly for people who have built a foundation of the core DBT skills, and seek structured support in applying the skills in daily living.

The Advanced Group meets weekly to provide continued support in using DBT skills and processing situations in members’ lives.

To participate in one of these groups, please call to schedule an assessment. Insurance is billed, and most insurance plans are accepted. Participants must be engaged in individual therapy.

Call for dates, times and fee.

Northwestern Medicine Behavioral Health Services, Sycamore
815.748.8334

NAMI Connection Support Group

This group is a no-cost, peer-led support group for any adult who has experienced symptoms of a mental health condition. Join us to gain insight from hearing the challenges and successes of others. Groups are led by trained facilitators. No registration required.

**Fourth Wednesday of each month
6:30–8:00 pm**

Kishwaukee Health & Wellness Center,
DeKalb
815.766.3170

Mindfulness for the Anxious Mind

Learn how to better manage anxious thoughts and feelings in this ongoing four-week group led by Megan Orr, LCSW. You are welcome to attend as many sessions as you'd like. You will receive a brief phone assessment before participating in the group. Insurance is billed, and most insurance plans are accepted.

Call for dates, times and fee.

Northwestern Medicine Behavioral
Health Services, Sycamore
815.748.8334

SNAP: Stroke Network Activity Programs

If you have been affected by stroke, Northwestern Medicine offers a support and resource group focused on your needs. There is no cost to attend, and caregivers and family members are welcome to join attendees who have had a stroke.

Stroke Network Activities and Programs (SNAP) provide access to educational information, conversation and interaction with others who have experienced a stroke, and their family members and caregivers. The group setting provides an opportunity for people to bond with others who have had similar experiences, form new friendships, share your story and offer support to others.

SNAP is open to the community. You do not have to be a patient at Northwestern Medicine to join us.

First Thursday of each month
(except July, which will be July 2)

1:30–3:00 pm

Kishwaukee Health & Wellness Center,
DeKalb
815.766.7971

Find a physician

Looking for a primary care physician or specialist? Visit [nm.org](https://www.nm.org) and use our search function to find the physician who's right for you. Or you can call the physician referral line at 815.748.2974.



**Check out the
online classes
Managing Your Diabetes
and Diabetes-Friendly
Summer Sides
on page 15.**

Diabetes

Diabetes Management

This multi-session class developed by Michelle May, MD, a nationally recognized expert on mindful eating, offers a practical mind-body approach to diabetes. This approach shifts the focus from rigid nutrition rules and strict exercise to awareness of beliefs, habits, thoughts, feelings and physical sensations. A Northwestern Medicine diabetes educator will teach how to focus on changing thoughts and feelings first so behavior changes will last. A physician referral is required.

**Tuesdays, July 6 - Aug. 3 or Sept. 7 - Oct. 5
10:30 am-12:00 pm or 5:30-7:00 pm**

Kishwaukee Health & Wellness Center, DeKalb
For fee, registration and information,
call 815.748.8378.

Health and wellness

Next Steps

This medically integrated lifestyle program is designed to provide additional support for people who are transitioning from an illness or managing a chronic medical condition.

This program may be appropriate for you if you are:

- Completing physical therapy, diabetes education, cardiac rehabilitation or pulmonary rehabilitation
- Recovering from a recent surgery or preparing for surgery
- Living with arthritis, fibromyalgia, lupus or another autoimmune condition
- Wanting to lose weight and keep it off

Programs include:

- Cancer Fitness
- Cardiac Fitness
- Diabetes Fitness
- Functional Fitness
- Orthopaedic Fitness
- Fit for Surgery
- Pulmonary Fitness
- Transitional Care
- Weight Management

Kishwaukee Health & Wellness Center, DeKalb
For more information, call 815.754.1098.

Courage to Quit®

Receive support, education and information about addiction, withdrawal, medications, cravings, avoiding triggers, and the health benefits of being smoke-free.

Tuesdays, July 13 - 27
3:30-5:00 pm

Kishwaukee Health & Wellness Center,
DeKalb

Courage to Quit® Online Class

Receive support, education and information about addiction, withdrawal, medications, cravings, avoiding triggers, and the health benefits of being smoke-free. This class will be conducted in an online forum. A link will be provided after registration is complete. 

Mondays, June 7 - 21 or Aug. 2 - 16
4:00-5:30 pm

Fall Risk Screening

A physical therapist will perform a comprehensive screen, including a risk factor questionnaire, and assessment of gait, balance, strength, sensation and positional blood pressure changes. If you or a loved one is identified as a fall risk, we can connect you with clinical and community resources for help.

Northwestern Medicine Physical
Therapy Center, Sycamore
To schedule an appointment, call
815.748.8900.

Valley West Hospital, Sandwich
To schedule an appointment, call
815.786.8550.

Stay on top
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MyNM gives you access to your healthcare information at your fingertips.

Text MYNM to 43506 to download the app or log in at nm.org/mynm.



 *This session will be held online.*

Most programs require registration. **Register online at kish-calendar.nm.org** or call 815.748.8962 unless otherwise noted.



Ingredients for healthy living

The Leishman Center for Culinary Health, an innovative teaching kitchen at Kishwaukee Hospital, promotes healthy living through food. Culinary instructors and registered dietitians offer a range of demonstrations and classes. Recipes are provided unless otherwise noted. Registration is required. During COVID-19, classes will be conducted virtually. A link to the class will be sent to you after registration.

Cooking With Asparagus

Join us for a demonstration on how to create three delicious recipes using our favorite spring vegetable. 

Tuesday, June 1

1-2 pm

Wednesday, June 9

10-11 am

Seniors Connect and Cook

Join us for a relaxing morning full of social interaction and fun while learning cooking techniques and recipes. 

**Wednesday, June 2, July 7, Aug. 4 or
Sept. 1**

10-11 am

 *This session will be held online.*

Programs may have a fee to participate. If no fee is listed, there is no cost for the program.



Light Summer Lunches

Join us for a demonstration on how to create light and heart healthy summer lunches, perfect for packing for work or enjoying at home. 

Thursday, June 3
10-11 am

Tuesday, June 8
1-2 pm or 6-7 pm

Plant-Based Food Movement: Is It for You?

Join us to learn how eating a plant-based diet has been proven to lower the risk of chronic disease. 

Thursday, June 10
6-7 pm

Monday, June 14
1-2 pm

Wednesday, June 16
10-11 am

Plant-Based Summer Meals

Did you know that eating more plants has been linked to lowering your risk for heart disease and cancer? Join us for a cooking demonstration on how to create delicious, plant-based summer meals that the whole family will love. 

Thursday, June 17
10-11 am or 1-2 pm

Supper Salads

Learn how to create a variety of salads hearty enough to enjoy as your whole meal. 

Wednesday, June 23
6-7 pm

Thursday, June 24
1-2 pm

 *This session will be held online.*

Most programs require registration. Register online at kish-calendar.nm.org or call 815.748.8962 unless otherwise noted.

Uses and Benefits of Fresh Herbs

Learn how to create a variety of summer dishes using fresh herbs, while learning about the unique health benefits these delicious plants have to offer. 

Tuesday, July 6

1 - 2 pm

Thursday, July 29

10-11 am

Picnic Small Plates

Summer is a season full of fun outdoor concerts, sporting events and picnics. Join us for a demonstration on how to create healthy toteable and shareable small plates. 

Thursday, July 8

10-11 am or 1-2 pm

Managing Your Diabetes

Join a Certified Diabetes Care and Education Specialist (CDCES) for an overview on managing your diabetes, including a discussion on how to apply the power of your plate. 

Monday, July 12

1-2 pm or 6-7 pm

Monday, July 19

10-11 am

Diabetes-Friendly Summer Sides

Join us for a demonstration on how to create delicious, diabetes-friendly summer side dishes. 

Tuesday, July 20

1-2 pm

Thursday, July 22

10-11 am

Managing Your Blood Pressure With the DASH Eating Plan

Learn to identify your individual risk factors for high blood pressure. Pick up dietary strategies to increase your fruits and vegetables and reduce sodium intake. 

Monday, July 26

6:00-7:30 pm

Cooking With Sweet Corn

Join us for a demonstration on how to create three delicious recipes using this Midwest favorite! 

Tuesday, July 27

1-2 pm or 6-7 pm

Family-Friendly Freezer Meals

As the school year rolls back around, learn how to fill your freezer with healthy freezer meals that the whole family will love! 

Tuesday, Aug. 3

1-2 pm or 6-7 pm

Thursday, Aug. 5

10-11 am

 This session will be held online.

Programs may have a fee to participate. If no fee is listed, there is no cost for the program.

A Healthy Backyard Dinner

Join us to learn how to create the perfect summer dinner, full of late summer produce. 

Tuesday, Aug. 10
1-2 pm or 6-7 pm

Thursday, Aug. 12
10-11 am

A Fresh Take on Fiber

Learn about exciting research and the array of foods high in fiber, an important nutrient that can be a key factor in preventing heart disease. 

Monday, Aug. 16
10-11 am or 1-2 pm

Thursday, Aug. 19
6-7 pm

Tomatoes and the Power of Lycopene

Join us to learn how to create a variety of tomato dishes. Hear about the heart-healthy benefits that the antioxidants in lycopene provide. 

Tuesday, Aug. 24
1-2 pm or 6-7 pm

Wednesday, Aug. 25
10-11 am

Mediterranean Diet Meals

The Mediterranean Diet has been linked to reduced risk factors for cardiovascular disease. Join us to learn how to create recipes that are heart healthy and full of traditional Mediterranean flavors. 

Thursday, Sept. 2
10-11 am

Wednesday, Sept. 8
1-2 pm

Cooking With Potatoes

Join us for a demonstration on how to create three delicious recipes using this hearty fall vegetable. 

Thursday, Sept. 9
10-11 am

Tuesday, Sept. 14
1-2 pm

The Many Reasons to Love Dried Beans

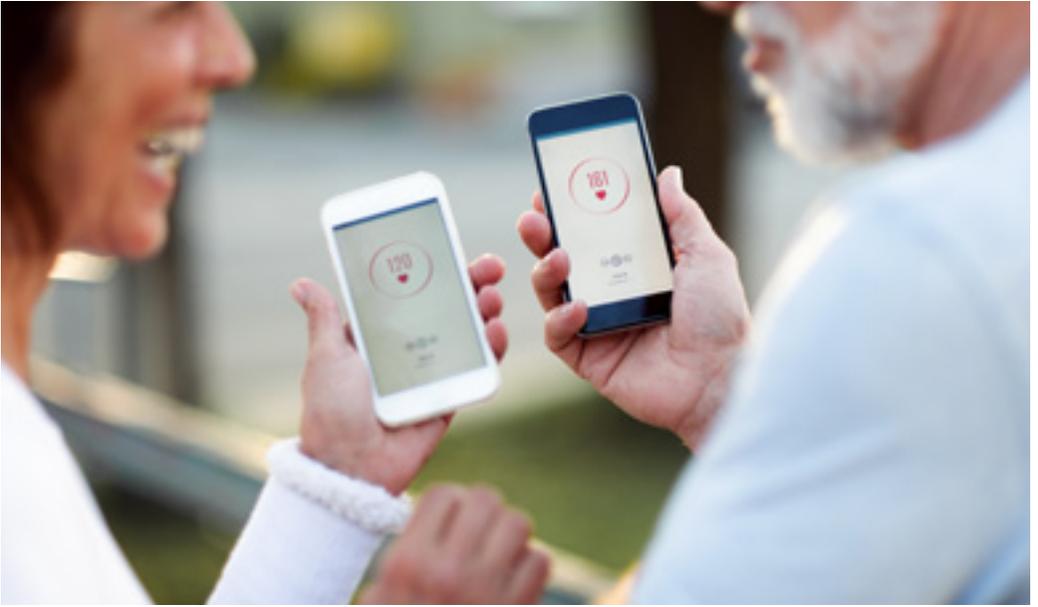
Pulses (also known as dried beans) are versatile and packed with nutrients. Join us to learn the many reasons to include more dried beans in your diet. 

Monday, Sept. 13
1-2 pm or 6-7 pm

Thursday, Sept. 16
10-11 am

 *This session will be held online.*

Most programs require registration. **Register online at kish-calendar.nm.org** or call 815.748.8962 unless otherwise noted.



Heart health

Peripheral Artery Disease Screening

Peripheral artery disease (PAD) is a common condition that can narrow the arteries in your legs and reduce blood flow. PAD can cause leg pain when walking and increases the risk of amputation, heart attack and stroke. The ankle-brachial index (ABI) test is a quick, noninvasive way to check for PAD. **Note:** The screening may be canceled if applicable mitigation efforts are in effect at the time.

You should be checked if you:

Are older than 70

Are older than 50, and have either diabetes or a history of tobacco use

Have a history of heart attack, coronary stent, bypass or stroke

Are younger than 50 and have diabetes and at least one additional risk factor, including history of smoking, high blood pressure or high cholesterol

Please call 630.933.5697 to schedule an appointment.

All screenings will take approximately 30 minutes.

Fourth Monday of each month, 9-11 am and 1-3 pm

Kishwaukee Health & Wellness Center, DeKalb

Second Monday of each month, 9-11 am and 1-3 pm

Valley West Hospital, Sandwich



Cancer

Cancer Support Group

LivingWell Cancer Resource Center, part of Northwestern Medicine, provides programs and services to people affected by a cancer diagnosis. Thanks to generous donations from the community, LivingWell is able to offer all of its programming at no charge.

LivingWell offers a hybrid of online and on-site programs and support groups as well as telehealth counseling and social work services. To view and join LivingWell programs and services, visit livingwellcrc.org, and follow them on Facebook at facebook.com/livingwellcrc.

Women Matter Cancer Screenings

Your health is an important matter. Women ages 40 to 64 who are uninsured, or insured with no screening coverage, and who are residents of DeKalb County may receive one or both of these screenings at no cost:

Breast exam
Mammogram

To schedule an appointment, call 815.766.7984.

Kishwaukee Hospital
Breast Health Center, DeKalb

Valley West Hospital, Sandwich

Wellness for kids

Kits for Kids

Kits for Kids online resources help teachers, school nurses, scout leaders, community educators and parents teach children the importance of healthy habits, like hand-washing and hygiene. Materials include health and safety lesson plans, worksheets, interactive demonstration ideas, and useful information to help deliver a fun and engaging class for young learners.

Now Online!

Hand-Washing

Help kids learn the importance of proper hand-washing. The presentation manual guides you through activities and introduces additional resources to confidently teach children about germs and how to prevent illness through proper hand hygiene. Lessons are designed for children in kindergarten through fifth grade.

Hygiene From Head to Toe

Help kids learn why, how and what is needed to clean the parts of their bodies; proper cleaning above the neck; and the importance of physical activity for growing, changing bodies. Help lead your group's discussion. The curriculum is designed for children in fourth through eighth grade.

For kit information, please visit nm.org/kishkitsforkids.

N-O-T: Not On Tobacco®

This 10-session smoking cessation program, created by the American Lung Association, is designed to help teens quit using tobacco products through education, behavior change and social support.

Call 815.981.7408 for more information or to register.
Kishwaukee Health & Wellness Center, DeKalb



Kids Can Cook

Kids aged 9 - 12 learn to prepare simple, healthy dishes using basic cooking techniques. Recipes are provided. During COVID-19, classes will be conducted virtually. Registration is required. A link to the class will be sent to you after registration. Please call 815.748.8962 to register.

Simple Summer Meals

Kids aged 9 - 12 are invited to create a variety of healthy summer meals while learning about kitchen safety, cooking techniques and ingredients. 

Tuesday, June 29
10-11 am

Wednesday, June 30
1-2 pm

Beat the Heat

Learn how to make healthy, summertime recipes designed to keep you hydrated and cool. 

Tuesday, July 13
4:30-5:30 pm

Thursday, July 15
10-11 am

Healthy Baking 101 Online Class

Kids aged 9 - 12 are invited to learn how to create a variety of healthy baking recipes while learning about kitchen safety, cooking techniques and ingredients. 

Wednesday, Sept. 15
4:30-5:30 pm

 *This session will be held online.*

Most programs require registration. **Register online at kish-calendar.nm.org** or call 815.748.8962 unless otherwise noted.



Kishwaukee Hospital
1 Kish Hospital Drive
DeKalb, Illinois 60115

Valley West Hospital
1302 North Main Street
Sandwich, Illinois 60548

kish-calendar.nm.org

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